



Step It Up Challenge

Start: 08/05/2019

End: 09/15/2019

Challenge Summary

See how many steps you can take! For six weeks, track your daily step count and compete against yourself, your school, and throughout the county to take the most steps. Put all those steps to good use as you simulate walking 110 stories in the 9-11 Memorial Stair Climb.

How to Get Started

1. Fill out the "Step it Up Challenge" Google Form to be entered into the database
2. Get a step tracker. You can use your phone, your fitness watch, or pedometer to count steps. Check out this [article](#) on some of the best out there.
3. Log your daily steps into the "Step it Up" Google Sheet (honor system here!) and see where you stand among the competition.
4. Sign up for the 9-11 [Memorial Stair Climb](#)

Objectives

1. Aim for 10,000 steps a day - American Heart Association recommendation
2. Take home bragging rights as an individual and as a school for most steps
3. Support the Thomasville Fire Dept and honor those who lost their lives on 9-11
4. Start the school year with a plan to BEE Well!

BONUS: Earn 120 well-being incentive points in your SHBP through [Sharecare](#)

